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CORSET COMEBACK A WAIST OF TIME?

YES, ARGUES PERSONAL TRAINER — BUT THERE HAVE BEEN SOME REMARKABLE ADVANCEMENTS IN WAIST TRAINING SINCE THE 19TH CENTURY PAGE 15



OUR GRADS GET HIRED

RED RIVER COLLEGE

LiveSAFE creating 'hope' in North End

21 blocks. Councillor calls new initiative a 'great partnership' between police, cadets, city crews and residents



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A 21-block area in the heart of the North End saw an influx of police, cadets, city staff and community volunteers on Monday, all with the goal of improving safety.

Coun. Ross Eadie accompanied a trio of North End ambassadors as they looked for, and took note of, illegally dumped trash. He called the LiveSAFE initiative a "great partnership with the residents of the area."

The radius

The 21-block area the teams walked through on Monday are bordered by Salter Street to the east, Burrows Avenue to the north, McGregor Street to the west and Dufferin Avenue to the south.

Among the groups involved in Monday's daylong effort were the William Whyte Residents Association, Dufferin Residents Association of Winnipeg and the North End Business Development Centre.

Joining the community groups were police officers and cadets, along with staff from the city's community services and public works departments.

"It's great to bring all the different city services together and try to resolve a number of the issues," said Eadie, adding the LiveSAFE initiative got its start in 2012 in the wake of numerous problems reported in the area.

"What it really gets to is that when people clean up and things are looking better, people have more hope about where their neighbourhood is going."

Peter de Graaf, the city's manager of community bylaw enforcement services, said the initiative enhances awareness and safety.

"Kudos to the community first," said de Graaf to those gathered at the North End Business Development Centre's Selkirk Avenue office.

"We're working together, we all care about our communities and we're really emphasizing the safety and awareness, individual and neighbourhood well-being."



Community bylaw enforcement officers wait to speak to a North End resident about how to best place the garbage and recycling bins in their back lane during Monday's LiveSAFE 21-block outreach initiative. BERNICE PONTANILLA/METRO

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NEWS 1

Missing senior found safe across city after bizarre trip



Winnipeg police say missing person Bessie Johnson, 94, inset, was found safe in a garage Monday on the other side of the city from where she'd last been seen Sunday after likely slipping unnoticed into an unattended vehicle. COURTESY WPS

Bessie Johnson. Police believe 94-year-old woman hitched ride with unknowing driver

SHANE GIBSON
shane.gibson@metronews.ca

Police say a 94-year-old old woman who went missing Sunday was found safe and sound on the other side of the city Monday after taking what looks to be quite a trip.

Bessie Johnson was last seen crossing the Chief Peguis Bridge around 4 p.m.

After making several pleas for help to find her through social media, police said Johnson had been found in a residential garage in the city's south end Monday morning.

How exactly the four-foot-10-tall senior got across the city is still under investigation, but police think the garage's owner may have driven her there unknowingly after Johnson somehow slipped unnoticed into their unattended vehicle Sunday.

"Quite possibly that's how she made it to the south end," said police spokesperson Det. Sgt. Natalie Aiken just a few hours after Johnson was found. "The individuals who did locate her ... we're obviously surprised to find her there."

Aiken said it's not clear whether Johnson spent the entire night in the garage, but she did say the senior was in good health and had no signs of hypothermia, despite having only a fleece jacket to keep her warm in temperatures that dropped as low as -25 C with the wind chill, according to overnight numbers from Environment Canada.

"I'm not sure we'll ever know the full details given this lady's age," said Aitken. "But at the end of the day we're just so grateful — even if we can't really determine how it occurred — that she's alive and she's well."

Canada Goose jackets worth $15K stolen



A board is seen over the window thieves smashed through at a store. COLIN FAST/FOR METRO

Police are warning Winnipeggers to be wary of anyone offering a really good deal on a Canada Goose winter jacket after thousands of dollars worth of the expensive winter wear was stolen from a Tuxedo-area store over the weekend.

More than 40 jackets valued at $15,000 were taken from Tamarack Casual and Outdoor Clothing at 2090 Corydon Ave. after thieves smashed through the shop's front window around 6 a.m. Sunday.

A salesperson at the store told Metro the thieves primarily targeted Canada Goose Trillium women's parkas, which sell for $695 at the shop.

"They took the most popular models," said the store salesperson. "So they knew what they were looking for."

Police spokesperson Det. Sgt. Natalie Aiken said anyone with information about the crime or anyone who comes across a Canada Goose jacket "drastically priced to sell" should call police at 204-986-2877 or Winnipeg Crime Stoppers at 204-786-TIPS.

"Obviously people are going to post this on a website at retail value," said Aiken. "They want to turn this product over quickly."

SHANE GIBSON/METRO
WITH FILES FROM COLIN FAST



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Annette Champion-Taylor, program co-ordinator for the William Whyte Residents Association, holds up an example of the number plates that are being offered for homeowners to place in back lanes. BERNICE PONTANILLA/METRO

Back-lane number plates touted for a better North End

Location, location.
Community leader says decals will help emergency personnel, city staff


BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Two neighbouring community groups piggy-backed on Monday's 21-block LiveSAFE to offer residents address number plates that can be placed on back-lane garages, fences or homes.

Annette Champion-Taylor, program co-ordinator for the William Whyte Residents Association, said the back-lane numbering initiative is being done in partnership with the Dufferin Residents Association of Winnipeg.

"We are providing free number plates to all the properties in William Whyte and Dufferin that do not have a back-lane number," she told police, cadets and city staff gathered at the North End Business Development Centre on Selkirk Avenue Monday.

"All you folks when you're (going) up and down back lanes, whether it be bylaw, police, they are very important in identifying where you are."

Champion-Taylor said the feedback she's received from residents is totally positive.

"The community members are thrilled about it, they're very excited, they love the numbers, they're nice and bright, and they understand the reason for this," added Champion-Taylor, who has lived in William Whyte for the past 20 years.

"We want a safer and a cleaner neighbourhood. Now, with that said, that's not just the responsibility of the City of Winnipeg and I'm really strong on that — that's everybody's responsibility.

"We have to live here, this is our neighbourhood and the only way — and I keep saying this — the only way we're going to see improvements is everybody collaborating to make this a better and safer and cleaner neighbourhood for our community."

Mayor hopeful summit can help with rapid transit pledge

Winnipeg's new mayor Brian Bowman is hopeful the results of a summit looking at transit-oriented development held in Winnipeg Monday will help him keep his campaign promise to have all six phases of Bus Rapid Transit complete by 2030.

"Transit-oriented development is one of the ways I campaigned on paying for rapid transit and what I was thrilled about seeing at this conference today is international leaders saying it actually can work," said Bowman Monday afternoon.

"Really we want to be able to learn from best practices that have been successful outside of Winnipeg because we're going to be leveraging many of those things in how we proceed with transit-oriented development in this city."

Meeting of minds

The inaugural summit brought city officials, planners, developers and international experts together to discuss the best practices from cities around the world and work towards implementing them in Winnipeg.


Mayor Brian Bowman has requested a report from the city's inaugural Transit-Oriented Development Summit. SHANE GIBSON/METRO



A return to familiar territory

Canada's oldest working theatre actress — 92-year-old Doreen Brownstone — is back in a role that landed her critical praise in Prairie Theatre Exchange's Vigil, a dark comedy about a man who rushes to his aunt's deathbed. It opens Wednesday and runs until Dec. 7. PRAIRIE THEATRE EXCHANGE



TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, from 8:30 a.m. to 4:30 p.m.

REQUEST STOP SERVICE OFFERED AFTER 7 P.M

For your safety and convenience, Winnipeg Transit offers Request Stop service, which allows riders to get off a bus between regular stops. This service is available from 7 p.m. until the end of service. Politely inform your operator at least one stop ahead of the requested stop, then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

THE COMMUNITY RELATIONS BUS

Since its inception in 1987, Winnipeg Transit's Community Relations Bus has been providing non-profit organizations an opportunity to promote their activities/events to the citizens of Winnipeg.

Available at no cost and on a first-come, first-serve basis, the Community Relations Bus program offers free advertising to help promote the various events/services provided by these groups. Look for the Community Relations Bus and help support this month's featured organizations. Visit winnipegtransit.com for more info. Interested in booking space for your non-profit organization on the CR Bus? Call 311.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pickup from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-serve basis. Visit winnipegtransit.com or call 311 for more information.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit the lost property office at Winnipeg Transit's Downtown Service Centre in Winnipeg Square.



Jay Forbes

MTS Allstream hires a new boss as Blouin retires

There's a new top boss taking over the reins at MTS Allstream.

The telecom company announced Monday in a statement that Jay Forbes will take over as CEO from Pierre Blouin starting Jan. 1. Blouin will remain CEO and director until retiring on Dec. 31.

Forbes was most recently president and CEO of Teranet, a world-leading developer, operator and owner of electronic land registration systems, according to the statement.

Forbes also gained experience in the Canadian telecommunication market as president and CEO of, Aliant, an Atlantic Canada FibreOP, TV, Internet, phone and data provider.

METRO

More than 10,000

Manitobans get in on MPI winter tires financing program

Manitoba Public Insurance says Manitobans aren't spinning their wheels when it comes to taking advantage of the insurer's low-interest winter tire financing program.

Since the launch of the financing program in the fall, more than 10,000 people have signed up for it, according to a release from MPI.

The program gives loans of up to 48 months at prime plus two per cent for up to $2,000 per vehicle.

"Even if you're the safest driver in the world, snow and ice-covered roads can still give you problems," said MaryAnn Kempe, MPI's vice-president, business development and communications, and chief product officer.

More information about the program is available at mpi.mb.ca. METRO



Colin James the cure for Winterpeg blues

Canadian bluesman Colin James is coming to Winnipeg just in time to melt the last shred of winter blues away. In the spring, that is. The Regina-born singer-songwriter will play the Pantages Playhouse Theatre March 17. Tickets for the show range from $39.50 to $79.50 plus service charges and go on sale Nov. 21 at 10 a.m.

ELISHA DACEY/METRO

Chief mum on leadership run

Cagey. Minister won't say yes or no about it



SHANE GIBSON
shane.gibson@metronews.ca

If Kevin Chief has his eyes on the premier's chair, he's keeping it to himself.

When reporters asked Monday if he's planning to challenge Greg Selinger for the leadership of the NDP, the Point Douglas MLA's answer had a lot of words, but yes or no were not among them.

"The only thing I'm considering right now is the stuff that I've got to do every day with a big portfolio in front of me," said Chief, who as well as being the minister responsible for the city of Winnipeg was named minister of jobs and economy in a cabinet shuffle earlier this month.

The shuffle came after the five rebel ministers who publicly asked Selinger to consider stepping down as premier in late October each resigned from cabinet when he didn't.

Chief made the remarks at a press conference where he announced $300,000 in funding for Startup Winnipeg, a non-profit helping entrepreneurs, artists and inventors.


Kevin Chief METRO

"I've been on the job for about a week," he said. "I'm not giving any thought to anything else, other than trying to make sure we're getting out doing incredible announcements like this."

Over the weekend, the NDP's executive agreed to Selinger's plan to hold a leadership contest at the party's annual convention March 6.

Former Winnipeg DJ. 'Shecky' facing more charges

Winnipeg police have leveled more charges against former Winnipeg DJ Chris Elwick.

Elwick, also known as "Shecky," is best known for his work as a local radio DJ at Energy 106 and Power 97.

He was in court in September facing charges of sexual assault of a person under 16, sexual interference of a person under 16 and possessing child pornography.

Police said Monday they have added more charges, including sexual assault, 12 counts of making child pornography and possession of child pornography. He was arrested without incident and has been remanded into custody. Police said they are releasing limited information in order to protect the victims. METRO


Chris Elwick CONTRIBUTED

Lost, now found.

Woman's wallet returned 35 years after it was stolen

When Martha Shepherd answered the phone, she didn't expect to hear that someone found her wallet — 35 years after her purse was stolen.

The caller identified himself as a Vancouver Island police officer from the RCMP detachment in Ucluelet — a place Shepherd last visited in 1979, when it was called Long Beach.

The Mountie asked Shepherd if she had lost a purse. When she replied that she had, the officer responded saying they would send it to her.

A highway worker cleaning a ditch found the wallet near where Shepherd was staying during a camping trip on Long Beach in 1979. Someone broke into her car and stole her purse, wallet and about $100 in cash.

While the money was lost, the community pitched in and sent $100 in a care package along with her identification, a blanket, bumper stickers, and cards signed by residents.

THE CANADIAN PRESS

Seniors' residence fire

Fire safety codes may have been lax

A spokeswoman for the Quebec agency that oversees building codes says she's not sure whether the seniors' residence where 32 people died in a fire complied with fire-prevention regulations.

Coroner Cyrille Delage asked Lise Veilleux today whether the building's older section, which was built without a sprinkler system in 1997 and destroyed in January's blaze, was up to code. Testifying on the first day of Delage's inquest into the tragedy, Veilleux said that to be case, but it hinged on whether the building's residents, many aged over 85, could get around.

THE CANADIAN PRESS

Bottles changing hands, but legacy will live on

A can-do attitude.

Longtime Alberta bottle-picker retires, but passes on his never-ending charity drive



HELEN PIKE
Metro in Calgary



David Loewen is ready to hand over his list of bottle-givers. After three years of picking and raising money for charity the nearly 89-year-old is passing on his legacy to a new recycler. CANDICE WARD/FOR METRO

Bottle-picking for a cause: That's what one Airdrie, Alta., resident has been doing for over three years. But this week, David Loewen passed his legacy on to a new recycler.

Loewen took up his bottle drive empire about three years ago when he decided he needed more exercise. While his friends were at the driving range, he went door-to-door collecting cartons, bottles and cans, and cashing in on them.

"A lady stopped me and asked me what I was doing," said Loewen.

He explained to the woman he was collecting the bottles, not for himself, but for charity.

"She gave me her address and said, 'Why don't you stop in? I've got a couple of bags.'"

Once word got around, the local paper stepped up and published a piece about Loewen's project, and that's when the calls began rolling in.

Loewen, 89, has more than 100 clients, some more reliable than others, who agree to give him empties for a good cause. Over the years, he's supported more than 20 charities including the Mustard Seed, food banks and more. He has raised more than $35,000 with donated recyclables alone. But this year he couldn't do it anymore.

"I felt when I went to the bottle depot and unloaded, some of those bags of glass they could weigh 70, 80 pounds," he said. "It was difficult for me to lift onto the counters."

But he wasn't willing to put a lid on his legacy. Instead, Loewen put the call out, asking anyone interested in continuing his legacy to come forward. Enter Jim McPhee.

"I'm shocked that he's still doing it," said McPhee, who met Loewen at the bottle depot a few years ago. "He asked the question, 'Would we be interested in taking it over' … so I said, 'Sure.'"

Now, all the bottles will go to benefit Stephen's Backpacks Society, a group formed by McPhee's son.

Bring out your bottles!

David Loewen drove a donated van around once a week picking up bottles from a list of more than 100 clients.

- With the money he received every cent was donated to more than 20 charities.

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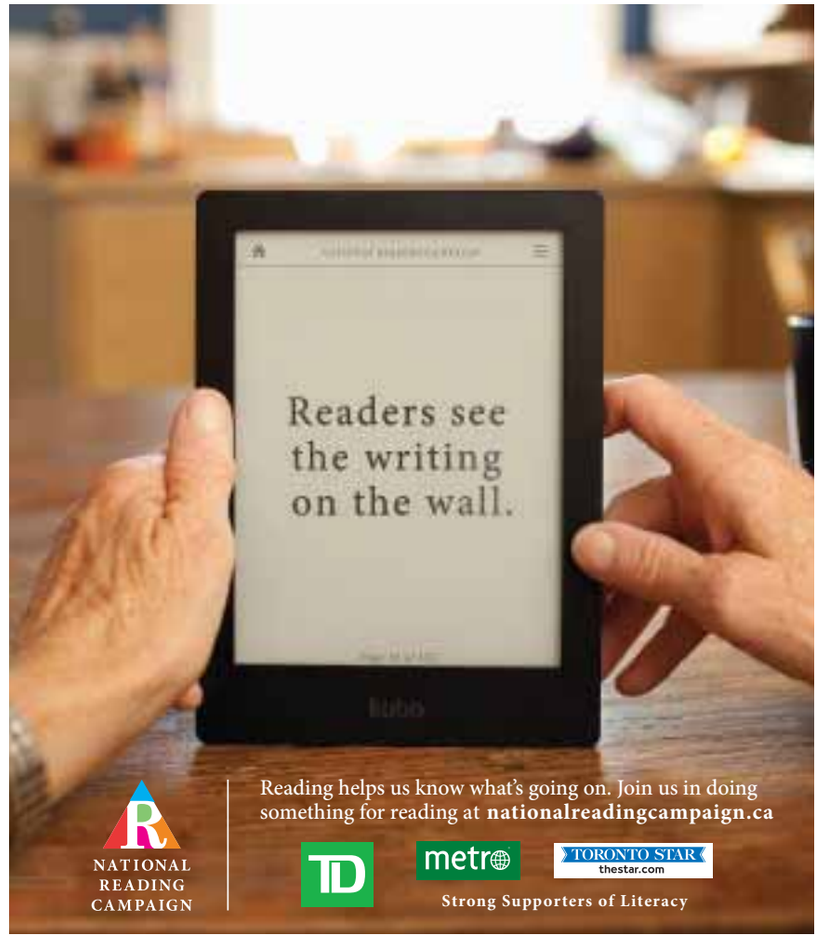
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Canada silent. U.S. debates policy shift in strategy against ISIL extremists

The Obama administration is under pressure to stretch the definition of what it means to "advise and assist" Iraqi and Kurdish forces in the fight against the Islamic State of Iraq and the Levant (ISIL).

Whether Canada would feel obliged to follow suit, however, remains a mystery.

U.S. Defense Secretary Chuck Hagel told CNN over the weekend he'll consider recommendations to place ground forces in Iraq to help locate targets if it's recommended by the chairman of the Joint Chiefs of Staff. Joint Chiefs chairman U.S. Gen. Martin Dempsey said last week that when it comes to retaking Mosul, Iraq's second-largest city, it's possible American troops might be needed.

Like the U.S., Canada has a no-combat prohibition on its roughly 69 special forces troops in northern Iraq, and the current combat mission explicitly rules out the deployment of conventional ground forces.

But Roland Paris, an international security expert at the University of Ottawa, says Washington's policy appears to be drifting towards another ground war in Middle East and it's important Canada not follow suit. THE CANADIAN PRESS

Beheadings

Militants lined up behind their victims in the latest ISIL video appear to come from outside the Middle East. See page 8 for more.



Nova Scotia donates Christmas tree to Boston for 43rd year

Dan Nightingale, right, fells a 13-metre tall white spruce, this year's Christmas tree for Boston, donated by John and Ethel Ann MacPherson, in Purlbrook, N.S., on Monday. Since 1971, Nova Scotia has given a tree to the people of Boston in gratitude for their assistance following the Halifax Explosion in 1917. ANDREW VAUGHAN/THE CANADIAN PRESS

Federal Tories seek seats in byelections

Ontario, Alberta. Conservatives aim to retain Yellowhead, Liberals say they have a shot at Whitby-Oshawa

A pair of federal byelections today in what had been comfortable Conservative ridings offer challenges for both the Tories and the opposition parties.

Voters in Whitby-Oshawa are looking to replace the late Jim Flaherty, who won with 58 per cent of the vote in 2011.

The Conservatives have flooded the riding with high-profile campaigners in recent weeks, hoping to hang on to it.

The Liberals, however, are pressing hard and say they are closing the gap.

In the Alberta riding of Yellowhead, the Conservatives are expected to easily retain a stronghold where Rob Merrifield took 77 per cent of the vote in 2011.

Merrifield resigned in September to work for newly minted Alberta Premier Jim Prentice.

In Whitby-Oshawa, the Conservatives are running Pat Perkins, a former two-term mayor of Whitby.

She has been endorsed by Flaherty's widow, Christine Elliott, who is a front-runner for the Ontario Progressive Conservative leadership. Two of Flaherty's sons are honorary chairs of the Perkins campaign.

The Liberals, who finished a distant third in the riding in 2011, have fielded Celina Caesar-Chavannes, an entrepreneur, research consultant and political newcomer.

They say they have a shot at an upset.

The New Democrats are running Trish McAuliffe, an autoworker and union activist, who ran second to Flaherty in 2011 with 22 per cent of the vote.

In Yellowhead, retired Mountie Jim Eglinski is carrying the Conservative standard.

The Liberals, who took only three per cent of the vote in 2011, are running Ryan Maguhn, a high school teacher and member of Hinton town council.

Eric Rosendahl, a local labour activist, is the NDP candidate.

A win — or even strong second-place finishes — would be a boost for Liberal Leader Justin Trudeau, who has led the Liberals to dramatic gains in every byelection held since he became leader 19 months ago.

That would bolster Trudeau's argument that the Liberals are the real alternative to the Harper government, not the NDP's official Opposition. THE CANADIAN PRESS

Updates

Please visit metronews.ca for updates.

Labrador. Residential school lawsuits claim Ottawa is liable

Fred Andersen and other former students of residential schools in Labrador will be in court in St. John's, N.L., Tuesday to fight for an apology and compensation from Ottawa.

They're among just over 1,000 plaintiffs in five certified class-action lawsuits who were excluded from Prime Minister Stephen Harper's apology in 2008 and a related compensation package.

Lawyers for the federal government deny it was responsible for schools located in St. Anthony, Cartwright, North West River, Nain and Makkovik that opened before the province joined Confederation in 1949.

The International Grenfell Association ran the first three, while the German-based Moravian Missionaries ran the other two.

"We had no choice. We had to go," Andersen, now 62, said in an interview. He recalled how frightened he was leaving Makkovik, an Inuit community on the Labrador coast, at the age of 13.

"When my turn came, the plane just arrived in September and away we go."

He lived at the school for most of the next four years. He said he did his best to stand up for kids who were bullied and that he was aware of both physical and sexual abuse, although he was not a direct victim. THE CANADIAN PRESS

No way out

Wind turbines like 'nightmare neighbours'

Wind turbines are like new neighbours who might drive you to distraction and out of your home because you have no legal way to deal with the situation, a packed Ontario court heard Monday.

In submissions to Divisional Court, a lawyer for four families fighting large-scale wind-energy projects compared the turbines to a neighbour who is always noisy and in your face.

"This neighbour never once ruptured your eardrums but that neighbour slowly drives you crazy," Julian Falconer told the court.

The families are trying to get the court to declare provincial legislation related to the approvals of large-scale wind farms unconstitutional. THE CANADIAN PRESS

Regulator asks Canadians

How much should voter registry violators pay?

Canadians are being asked for their thoughts about how violators should be penalized for contravening the new voter contact registry.

The country's telecom regulator issued a call for comments Monday on its proposals for imposing penalties, which would take a number of factors into account, such as the nature of the violation and the ability of violators to pay. Under changes enacted in June, most individuals and companies wanting to contact voters during a federal election will be required to register with the Canadian Radio-television and Telecommunications Commission within 48 hours of the first automated call being made.

The government gave the CRTC the authority to impose fines ranging from a maximum of $1,500 for individuals to $15,000 for corporations every time they fail to register or make a call that would be considered misleading.



Thousands of Czechs, using the 25th anniversary of the anti-communist Velvet Revolution, gather in Prague on Monday to call on the controversy-prone Czech President Milos Zeman to resign. THE ASSOCIATED PRESS

Czechs pelt president with eggs

Velvet Revolution anniversary. Security guards use umbrellas to shield dignitaries from flying projectiles

Celebrations on Monday to mark the 25th anniversary of the Velvet Revolution felt more like an uprising against the current Czech president.

To cries of "Resign! Resign!" Czechs pelted President Milos Zeman with objects including eggs, sandwiches and tomatoes as he stood side-by-side with the presidents of Germany, Hungary, Poland and Slovakia at the university campus where a student rally launched the revolution in Czechoslovakia a quarter century ago.

German President Joachim Gauck was hit in the head by an egg as the presidents were unveiling a plaque to commemorate the 1989 events.

"Shame, shame," protesters in the crowd of thousands repeatedly shouted at Zeman, even as the other presidents were applauded.

Anger in the Czech Republic has been growing against Zeman as critics accuse him of betraying the commitment to human rights enshrined by Vaclav Havel, the hero of the Velvet Revolution who became Czechoslovakia's first post-communist president.

Zeman's opponents cite his pro-Russian stance in the Ukraine conflict, recent praise of Chinese leaders on a visit to China and comments seen as downplaying the police crackdown 25 years ago.

THE ASSOCIATED PRESS

Quoted

"I'm not afraid of you!"

Czech President Milos Zeman, in reply to shouts of "Shame!" from throngs of protesters marking the 25th anniversary of the Velvet Revolution, the country's 1989 anti-communist uprising

U.S. 'disappointed' with Iran's response to UN nuke arms probe

A U.S. envoy says Washington is disappointed with Iran over the degree of co-operation it has shown with the UN nuclear agency's attempts to probe whether Tehran ever worked on atomic arms.

A report this month from the UN's International Atomic Energy Agency said the investigation has made no headway for months despite pledges by Iranian leaders to co-operate.

The IAEA has tried to follow up on the allegations for more than a decade, with little success. Iran denies it has any interest in — or is working on — such weapons.

U.S. envoy Laura Kennedy said Monday Washington is disappointed with Iran's "failure thus far, to constructively engage on this issue."

She spoke a day before the start of talks focused on reducing the scope of Tehran's nuclear programs.

World powers have for years sought to strike a deal with Tehran to limit its nuclear program to a point where it cannot produce an atomic weapon. In return, the West would ease sanctions on Iran's oil and financial sectors that have crippled the Islamic Republic's economy.

THE ASSOCIATED PRESS



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Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). ‡ Until December 1, 2014, receive 0% APR purchase financing on new 2014 Ford Edge and Escape models for up to 60 months, and 2014 Focus, C-MAX, Fusion (excluding HEV and PHEV) and 2015 Fusion models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 60/72 months, monthly payment is $416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. * Until December 1, 2014, receive [0.99%] APR purchase financing on new 2014 Ford [Focus SE Sedan Automatic] models for up to 84 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: [Focus SE Sedan Automatic] for [$20,964] (after $0 down payment or equivalent trade-in, and [$0] Manufacturer Rebate deducted, and $750 Winter Safety Package (WSP) cash alternative deducted), purchase financed at [0.99%] APR for 84 months, monthly payment is [$250] (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of [$191]), interest cost of borrowing is [$743.43] or APR of [0.99%] and total to be repaid is [$21,707.43]. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include Manufacturer Rebates of [$0], Winter Safety Package (WSP) Cash Alternative [$750], and freight and air tax [$1,665] but exclude options, A/C tax, Green Levy (if applicable), license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased), administration fees, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. ** Until December 1, 2014, purchase a new 2014 Focus SE Sedan Automatic] for [$20,964] after Manufacturer Rebates of [$0] and Winter Safety Package (WSP) Cash Alternative of [$750] pre-deducted. Taxes payable on full amount of purchase price after total Manufacturer Rebates and Winter Safety Package (WSP) Cash Alternative have been deducted. Offers include freight and air tax of [$1,665] but exclude options, Green Levy (if applicable), license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased) administration fees, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. 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Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model (in Canada) for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before incentive is deducted. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

Palestinian-Israeli conflict

Lack of two-state solution ensures conflict: Official

A senior UN official, Assistant Secretary-General Jens Toyberg-Frandzen, warned Monday that lack of progress on a two-state solution to the Israel-Palestinian conflict ensures that a new round of violence "is never too far below the surface."

Toyberg-Frandzen told the UN Security Council's monthly Mideast meeting that Secretary-General Ban Ki-moon is alarmed at the escalation of tensions in Jerusalem. A recent escalation of violence between Palestinians and Israelis was sparked by rising tensions over a disputed site in Jerusalem. THE ASSOCIATED PRESS

Charles Manson

Notorious mass murderer Manson gets licence to marry

Mass murderer Charles Manson has gotten a licence to marry a 26-year-old woman who visits him in prison.

The marriage licence obtained Monday was issued Nov. 7 for the 80-year-old Manson and Afton Elaine Burton, who left her Midwestern home nine years ago and moved to Corcoran, Calif. — the site of the prison — to be near Manson. She maintains several websites advocating for Manson's innocence. The licence does not specify a wedding date and indicates the couple has 90 days to get married or they will have to reapply. THE ASSOCIATED PRESS

Activates National Guard

Missouri governor declares state of emergency

Missouri Gov. Jay Nixon declared a state of emergency Monday and activated the National Guard ahead of a grand jury decision about whether a white police officer will be charged in the fatal shooting of a black 18-year-old in the St. Louis suburb of Ferguson.

Nixon said the National Guard would assist police in case the grand jury's decision leads to a resurgence of the civil unrest that occurred in the days immediately after the Aug. 9 shooting of Michael Brown by Ferguson police officer Darren Wilson.

There is no specific date for a grand jury decision to be revealed. THE ASSOCIATED PRESS

European militants prominent in video of beheadings

Militant identified. Officials say thousands of young Europeans have headed off to fight

The cold-eyed militants lined up behind their victims in the latest video from the Islamic State of Iraq and the Levant (ISIL) appear to come from outside the Middle East, including one from France and possibly two from Britain.

The video lingers as much on the faces of the camouflaged extremists as the men who are beheaded. The victims include American aid worker Peter Kassig and more than a dozen Syrian soldiers.

The images of ISIL militants allowed authorities to identify one of them Monday as a 22-year-old Frenchman who converted to radical Islam.

Maxime Hauchard has been on the radar of French authorities since 2011 when he took two trips to Mauritania to attend a Quranic school, said Paris prosecutor Francois Molins.

The overwhelming majority of ISIL fighters are from the Mideast, but the extremist group is trying to cement its claim on an Islamic empire straddling Iraq and Syria.

Europe appears to be a fertile ground to find supporters, with officials saying thousands of young Europeans have headed off to fight. More than 1,000 people in France alone are under surveillance for suspected plans to join the militants, officials said.

In the video released Sunday, a militant whose face was hooded had the familiar London accent of the jihadi who also appeared in beheading videos with American hostages James Foley and Steven Sotloff, and with British hostages David Haines and Alan Henning.

There also were indications that a Welsh medical student may be the man standing next to Hauchard. THE ASSOCIATED PRESS

Peter Kassig

The parents of an Indiana aid worker, Peter Kassig, who was beheaded by Islamic State militants say their son "experienced firsthand more of the harsh realities of life," but chose to believe in the good.



Kenyans rally for women's right to wear what they choose

At a demonstration in downtown on Monday in Nairobi, Kenya. a woman protests with others for the right to wear whatever clothes they want. A recent incident in which a mob of men surrounded a woman and tore her clothes off, leaving her naked in front of a bus stop after alleging that she was improperly dressed, is one of several videos that have surfaced online in recent days leading to a groundswell of anger. On Monday, around 1,000 demonstrators — including a number of men supporting the cause — marched through the capital and protested online using the hashtag #MyDressMyChoice. BEN CURTIS/THE ASSOCIATED PRESS

Nebraska. Ebola-infected surgeon dies in hospital

A surgeon who contracted Ebola while working in his native Sierra Leone died Monday while being treated in a biocontainment unit at a Nebraska hospital, the facility said.

Nebraska Medical Center said in a news release that Dr. Martin Salia died as a result of the disease. Salia arrived Saturday to be treated at the Omaha hospital, where two other Ebola patients have been successfully treated. He had advanced symptoms when he arrived at the hospital, including kidney and respiratory failure, the hospital said.

Salia, 44, had been working as a surgeon at Kissy United Methodist Hospital in Sierra Leone. THE ASSOCIATED PRESS

Red Cross. Finding health-care workers a big problem

Red Cross officials helping to lead the fight against Ebola in West Africa said Monday the virus is still spreading, and they're having trouble recruiting health-care workers to combat it.

Antoine Petitbon of the French Red Cross said that it's easier for him to recruit people to go to Iraq. He said the French Red Cross is facing a problem: Sixty per cent of people it signs up to work in the Ebola zone back out due to pressure from families and friends.

Red Cross officials, speaking at a joint news conference in Brussels, called on the media to get out the message that Ebola is not highly contagious. THE ASSOCIATED PRESS

Thailand tourist questioned after trying to ship human body parts to U.S.



A Thai police officer shows a picture of a tattooed human skin that was found in a package of a U.S. tourist, during a press conference at Bangpongpang police station on Monday in Bangkok, Thailand. SAKCHAI LALIT/THE ASSOCIATED PRESS

A parcel delivery company in Bangkok put three packages bound for the United States through a routine X-ray and made a startling discovery: preserved human parts, including an infant's head, a baby's foot and an adult heart.

The body parts were stolen from the medical museums of one of Bangkok's biggest hospitals, its administrators said Monday.

Police Col. Chumpol Poompuang said the sender was a 31-year-old American tourist, Ryan McPherson, who told them he had found the items at a Bangkok night market. Police tracked down McPherson after being alerted by the shipper, DHL.

"He said he thought the body parts were bizarre and wanted to send them to his friends in the U.S.," Chumpol said, adding that the man was questioned along with an American friend for several hours and released without charges.

It apparently was not the first brush with notoriety for McPherson and his friend, identified by police as Daniel Tanner, 33. Photos of the two talking with police on Sunday closely resemble men by the same names and ages who were producers more than a decade ago of a video series featuring homeless people brawling and performing dangerous stunts after being paid by the filmmakers, who were based in Las Vegas.

They claimed sales of about 300,000 copies at $20 each, though their videos, titled Bumfights, were banned in several communities and generally shunned by retailers.

McPherson and Tanner exited Thailand into neighbouring Cambodia on Sunday, and could not be contacted for comment.

The three packages seized in Bangkok, which contained five body pieces, were labelled as toys, police said. They were being sent to Las Vegas, including one parcel that the man had addressed to himself. Police said they were contacting the FBI to get information about the would-be recipients of the items. THE ASSOCIATED PRESS

Chopin's heart exhumed in secret midnight operation

Invasive tests denied. Experts have been trying for years to establish whether the composer really died at 39 of tuberculosis



A monument dedicated to the 19th-century composer Frederic Chopin graces a park in Warsaw, Poland.
CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS



A plaque indicates where Frederic Chopin's heart is entombed at Holy Cross Church in Warsaw, Poland.
CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

On his death bed in Paris in 1849, Frederic Chopin whispered a request that became the stuff of musical legend: Remove my heart after I die and entomb it in Poland. It was the native land he pined for from self-imposed exile.

Ever since, the composer's body has rested at the famed Père Lachaise cemetery in Paris — while his heart went on a wild journey. Sealed in a jar of liquor believed to be cognac, it was smuggled into Warsaw past Russian border guards, passed through the hands of several relatives before being enshrined within a pillar in Holy Cross Church.

The organ has been exhumed several times, most recently in a secret operation after a forensic scientist raised the alarm that the alcohol could have evaporated, leaving the heart to dry up and darken.

Close to midnight on April 14, after the last worshippers had left the Holy Cross Church, 13 people sworn to secrecy removed the heart from its resting place and carried out the inspection.

Polish officials kept all details of the inspection secret for five months before going public about it in September, giving no reason for the delay. Nonetheless, officials have already announced plans for another inspection — 50 years from now.

THE ASSOCIATED PRESS

National spirit

Frederic Chopin's heart inspires the type of fascination in Poland normally reserved for relics of saints.

- For Poles, Chopin's nostalgic compositions capture the national spirit — and the heart's fate is seen as intertwined with Poland's greatest agonies and triumphs over nearly two centuries of foreign occupation, warfare and liberation.
- Chopin was born near Warsaw in 1810 to a Polish mother and French émigré father. He lived in Warsaw until 1830, when he made his way to Paris — where he chose a life of exile because of the repressions imposed by Imperial Russia.
- Chopin's sister Ludwika smuggled his heart to Warsaw, probably beneath her skirts.
- The Nazis removed the heart during the Warsaw Uprising of 1944. After the fighting was over, they returned it to the Polish church.

Study suggests genetic link for homosexuality

A large study of gay brothers adds to evidence that genes influence men's chances of being homosexual, but the results aren't strong enough to prove it.

Some scientists believe several genes might affect sexual orientation. Researchers who led the new study of nearly 800 gay brothers say their results bolster previous evidence pointing to genes on the X chromosome.

They also found evidence of influence from a gene or genes on a different chromosome. But the study doesn't identify which of hundreds of genes located in either place might be involved.

Smaller studies seeking genetic links to homosexuality have had mixed results.

The new evidence "is not proof but it's a pretty good indication" that genes on the two chromosomes have some influence over sexual orientation, said Dr. Alan Sanders, the lead author. He studies behavioural genetics at NorthShore University HealthSystem Research Institute in Evanston, Illinois.

Experts not involved in the study were more skeptical.

Neil Risch, a genetics expert at the University of California, San Francisco, said the data are statistically too weak to demonstrate any genetic link. Risch was involved in a smaller study that found no link between male homosexuality and chromosome X.

THE ASSOCIATED PRESS

Quoted

"Most heterosexuals I know didn't choose to be heterosexual."

Study participant Dr. Chad Zawitz, who called the research "a giant step forward" toward answering scientific questions about homosexuality and helping reduce the stigma gays often face.

Male TV host proves his point

The male co-host of an Australian TV program is finally getting some attention for his fashion sense. And that's his point. Karl Stefanovic wore the same blue suit every day for a year on Channel Nine's Today program. And no one noticed until he went public with his hidden-in-plain-sight experiment.

He told Australia's Fairfax Media that while no one asked about his suit, people regularly commented about and criticized the outfits worn by co-host Lisa Wilkinson.

Stefanovic says, "I'm judged on my interviews, my appalling sense of humour — on how I do my job, basically. Whereas women are quite often judged on what they're wearing or how their hair is."

The Age newspaper says he's still wearing the same blue suit, and only Wilkinson and another Today colleague knew about his experiment.

"They often remark that it's getting a bit stinky," he said in the paper's weekend edition. "I'm hoping to get it into the dry cleaners at the end of the year."

THE ASSOCIATED PRESS



Chevrolet joins grasslands project

First corporate participant. As part of program, carmaker has purchased carbon credits equal to taking 5,000 cars off the road



Auto manufacturing company Chevrolet is the first corporate participant in an initiative that pays farmers not to convert rolling grasslands, like those pictured here in North Dakota's prairie pothole region. JOHN FLESHER/THE ASSOCIATED PRESS FILE

Chevrolet is the first corporate participant in a public-private initiative that pays farmers not to convert natural prairie to large-scale crop production, which would release gases that are warming the planet, officials said Monday.

The automaker, a division of General Motors, said it has bought more than 39,000 metric tonnes of carbon credits from North Dakota ranchers in the prairie pothole region, a broad expanse of grasslands and wetlands reaching across the northern Great Plains and parts of Canada.

"The amount of carbon dioxide removed from our atmosphere by Chevrolet's purchase of carbon credits equals the amount that would be reduced by taking 5,000 cars off the road," U.S. Agriculture Secretary Tom Vilsack said.

Grasslands store huge volumes of carbon dioxide, one of the gases most responsible for climate change.

Tilling the soil for agriculture releases the gases into the atmosphere. Preserving grasslands keeps carbon bottled up and preserves habitat for waterfowl and other wildlife. THE ASSOCIATED PRESS



Hellmann's has some egg on its face

This undated product image provided by Unilever shows Hellmann's real mayonnaise. After suing a small California company for calling its product "Just Mayo" because the product is made without eggs, it was discovered that Unilever had tweaked its website to make clear that some of its own products are "mayonnaise dressing," rather than mayonnaise. UNILEVER/THE ASSOCIATED PRESS

Market Minute

DOLLAR
88.53¢
(-0.15¢)

TSX
14,882.50 (+39.40)

OIL
$75.64 US (-$0.18)

GOLD
$1,183.50 US (-$2.10)

Natural gas: $4.31 US (+$0.16)
Dow Jones: 17,647.75 (+13.01)

P.E.I.

Lobster fishery gets sustainable certification

Prince Edward Island is looking to grow its lucrative lobster fishery now that it's been certified as sustainable by an international organization. THE CANADIAN PRESS

Harper government checking off 2011 promises

Doubling the children's fitness tax credit: check.

Income-splitting for couples with kids: check.

The Conservative government has been ticking off boxes recently beside its list of multibillion-dollar, family-friendly promises made during the 2011 election campaign, pledges contingent on a balanced budget.

With a smaller-than-expected surplus forecast for next year, the Tories still have outstanding commitments to fulfil before the 2015 election, such as an adult fitness tax credit and a plan to double the annual limit on tax-free savings accounts.

The situation raises a question: Is there enough cash in federal coffers for the Conservatives to make good on these promises in time for the scheduled October vote?

"The tax cuts basically eliminated about half the projected surpluses and lower oil prices took out a chunk as well — but the projections that the Department of Finance put together are quite prudent," said Scott Clark, a Carleton University professor and former senior Finance Department bureaucrat.

Wiggle room

$1.9B

Budget watchers believe there's space left for the measures in next year's $1.9-billion projected surplus, even though it was reduced by the recent drop in oil prices and the government's commitment of billions of dollars for the family measures.

The measures include a boost to child-care benefits and a controversial $2-billion-per-year income-splitting plan for couples with children. The income-splitting promise was central to Conservative election hopes in 2011, although it was strictly contingent on a balanced budget.

Income splitting itself has become a frequent target of political rivals and critics, who argue only about 15 per cent of Canadian households would benefit from it.

On Monday, NDP and Liberal MPs once again attacked the proposal in the House of Commons amid escalating political debate about how best to allocate Canada's projected surplus in the 2015 election year.

For the Harper government, there are still outstanding commitments from 2011.

In their 2011 platform, the Conservatives projected the adult-fitness tax credit — a plan to allow taxpayers to claim up to $500 in eligible fitness registration fees — to cost $69 million in its first year and $275 million the following year.

The platform listed the expected cost of its TFSA expansion at $7.5 million in the first year and $30 million in the second year of implementation. The proposal calls for the annual TFSA contribution limit to increase to $10,000 per year.

Finance Department figures have estimated TFSAs reduced Ottawa's revenues by $65 million in 2009, $165 million in 2010 and $160 million in 2011. The government has projected the fiscal burden of TFSAs to rise to $295 million in 2012 and $410 million in 2013. THE CANADIAN PRESS

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Fuel prices drop, fares soar

U.S. airlines are saving tens of millions of dollars every week because of lower prices for jet fuel, their largest expense. So why don't they share some of the savings with passengers?

Simply put: Airlines have no compelling reason to offer any breaks. Planes are full. Investors want a payout. And new planes are on order.

In fact, fares are going higher. And those bag fees that airlines instituted in 2008 when fuel prices spiked aren't going away either.

In the 12 months ended in September, U.S. airlines saved $1.6 billion US on jet fuel. That helped them post a 5.7 per cent profit margin in the first three quarters of this year, robust for the industry but lagging behind the 10 per cent average for the Standard & Poor's 500.

Average ticket

$372.21+

The average domestic airline ticket in the U.S. during the 12-month period ending in September rose 3.5 per cent to $372.21 US, according to an Associated Press analysis of data from the Airlines Reporting Corp., which processes ticket transactions for airlines and travel agencies. That figure doesn't include another $56 in taxes and fees that passengers pay.

In the past six years, airlines have done a great job of adjusting the number of flights to fall just short of demand. As a result, those who want to fly will pay a premium to do so. Airlines are selling a record 85.1 per cent of their domestic seats. Thanks to several megamergers, four big airlines control the vast majority of flights, leaving very little room for another airline to undercut fares. THE ASSOCIATED PRESS

SHARING LEADS TO CARING: SCIENCE



SHE SAYS

Jessica Napier
metronews.ca

Dining out with a crowd can be a major headache. It's always a challenge to wrangle a group of friends into picking a date and an appropriate restaurant that suits everyone's dietary preferences. After that, you have to try snagging a table to accommodate a large party and bring out the calculators when it's time to pay the bill. All of this effort is enough to make even the most sociable foodies give up a night out in favour of a solo frozen pizza at home.

But before you settle in for a long winter of hermit-style eating habits, consider this: Enjoying food with others is actually good for you — not necessarily for your wallet or your waistline, but it just might help improve your interpersonal skills.

Spending meal times with friends and family and sharing food with one another can lead to increased levels of altruistic behaviour, according to a new study from Belgium published last month in Appetite. In this case, it's not about where you eat or with whom, but *how* you eat that makes a difference.

The study makes a clear distinction between sharing a meal together, and sharing food. Eating off your own plate in close proximity to fellow diners won't make you a better person. Sharing large dishes, on the other hand, encourages considerate and selfless behaviour in everyone at the table.

According to the research report, adults who engaged in shared meals during childhood were more likely to have "prosocial" personalities later in life compared to those who ate in solitary contexts. These communal eaters were more likely to help a friend move, give up their seat on public transit or offer directions to a stranger.

Of course, not everybody likes to share. While collective cuisine is customary in other cultures around the world, North Americans tend to cater more to individual preferences. As a result, people can get pretty territorial when it comes to their food. I know plenty of individuals who refuse to order tapas dishes or "family style" platters because they fear they won't get enough to eat.

Communal dining definitely demands a certain level of cooperation: It forces diners to be considerate of others and not just their own appetites. You have to be flexible, adaptable and open to trying new things — especially if everyone wants to order the calamari and you're a bit timid when it comes to tentacles.

Divvying up your meals requires mindfulness. It means abandoning your individual gluttonous instincts and distributing food equally at the table. You're less likely to overindulge when others are monitoring your portion sizes; no one wants to be the greedy friend who took more than his or her fair share. And just think how much easier it is to split the cheque evenly rather than argue over who had the more expensive entrée.

Regulation: The Coupons Game



A student plays a new board game that ridicules the Communist-era food and goods rationing system, as the game is launched Monday in Warsaw, Poland. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Ration your food! Wash dishes for the collective good! What fun!

A new Polish board game ridicules the Communist-era rationing system that was used in the 20th century to keep prices under control and fight speculation, with food and goods difficult to get.

Regulation. The Coupons Game was launched Monday by the state-run National Remembrance Institute, which teaches Polish history.

The head of the institute's public education section, Andrzej Zawistowski, said state rationing of goods was introduced in times of war or crisis. It was last used in Poland in the 1970s and '80s due to a shortage of food, fuel and other goods.

THE ASSOCIATED PRESS

How to play

In the game, players are tasked with duties such as cooking a dinner or doing the washing.

- They need to trade their rationing coupons cleverly to be able to buy the necessary products before they run out.

MetroTube

The cutest way to overcome your fears



ANDREW FIFIELD
andrew.fifield@metronews.ca



ISTOCK

OK, so we're not going to crack wise about why Queso the pit bull is so frightened of passing through doorways, because such a terrifying association is sad. But Queso is all good now, and appears to be in an extremely healthy and happy home — one so comfortable, it's provided him with the security to come up with a clever workaround. (Rhiannon Hamm/YouTube)

Twitter

@metropicks asked: Chopin died in Paris, but he wanted his heart sent to Poland. Where would you like your heart to rest?

@LoveLevity: I would like my ashes spread at some of the worlds best festivals. Burning man in the US and Shambhala in Canada.

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Wolk-case scenario? Fans can't quite place his face

Television. Busy actor James Wolk isn't complaining if viewers recognize him, but don't know from which show



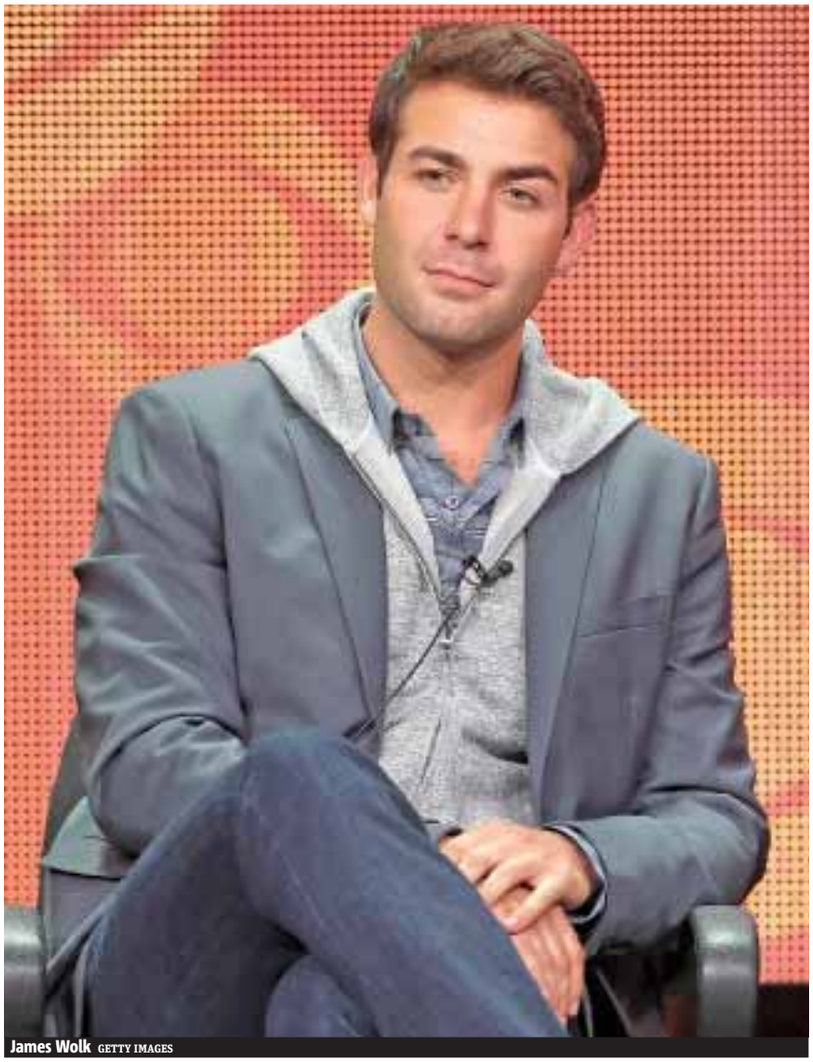
NED EHRBAR
Metro in Hollywood

Always Woodstock star James Wolk has become a familiar face to viewers all over, thanks to work on the small screen on Mad Men, Shameless, Happy Endings, The Crazy Ones and a slew of other shows. But he still sometimes forgets about that when he runs into those viewers in public.

Have you ever had your own quarter-life crisis like the one Catherine (Allison Miller) has in Always Woodstock? Where you start to question everything you've been doing with your life?
You know, Catherine obviously goes through a huge quarter-life crisis. For me, I think getting into my late 20s really shifted where I place importance in my life. There are definitely a few times I could point to, a pivotal time where there was a change in my focus. I don't know if that's a quarter-life crisis so much as a quarter-life, like, taking stock of ... yeah.

Like a readjustment?
Yeah, a quarter-life readjustment, perfect. It doesn't sound as dramatic. Hey, maybe mine's still coming, who knows. You never know. Thank God I've been busy, and it's been an incredible journey. No career doubts, nope.

Do you get a sense when people see you on the street which TV show they're recognizing you from?
I don't even know. It's a real crap shoot at this point. It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one: Somebody the other day was like, "You know who you look exactly like?" And I think it's maybe because I don't carry myself in a (famous) way. I don't come in with my sunglasses and my head down. I don't come in as though I am anyone because, number one, I don't think that I am, and I also kind of forget that I've been on these shows. So I walk in and I'm waiting to order my coffee or something, and someone will look at me and I'll be like, do I have something on my face? What's going on? I literally forget that I'm an actor. So I think that translates, and then they go, "You know who you look like?" Sometimes I'll be like, "It's funny you say that, I get that a lot," or sometimes I'll just be like, "Yeah, it's me."



James Wolk GETTY IMAGES

Quoted

"It's awesome that I can't point to one thing and people kind of come up with different shows. This was the best one, somebody the other day was like, 'You know who you look exactly like?'"
Actor James Wolk

Wait, how often do you pretend you're not you?
Very rarely, very rarely. Because I almost think it's rude.

I know you're not really allowed to talk about what's going to happen on Mad Men, but let's talk about what already has happened. Have you lost your fan favourite status since how the last few episodes shook out for Bob Benson?
Yeah, the fans were like, "How could you?" People became indignant about it, it was amazing. It was really unbelievable. He definitely was beloved, and we'll see what happens. I can't say anything about what's going to happen, yeah, but it's amazing to see people respond to him like that — or, you know, not respond to him.

DVD review



22 Jump Street

Directors. Phil Lord, Christopher Miller

Stars. Channing Tatum, Jonah Hill

There's nothing Channing Tatum and Jonah Hill guys won't do (or redo) for a laugh, the bigger the better and as stupidly as possible.

While everything in 22 Jump Street is writ larger from their earlier pairing in 21 Jump Street), it's also mirthfully familiar to their earlier hit. They're still going undercover as students, to college this time instead of high school, and once again sleuthing the source of a lethal new street drug.

They're also once again under the anarchic guidance of co-directors Phil Lord and Christopher Miller.

22 Jump Street may sound like a cash grab in yet another franchise, but Lord and Miller mercilessly riff on that very idea. This is serious meta mayhem.

Sin City: A Dame to Kill For

Directors. Frank Miller, Robert Rodriguez

Stars. Eva Green, Josh Brolin

In the long-awaited Sin City sequel, you can still slash the neo-noir nihilism with a knife — along with a few throats. But this time, the dames seem even tougher than the dudes.

Take Eva Green's Ava, the dame of the title, who dispenses with morality as quickly as she doffs her clothes, which is very fast. Ava loves to tempt men to the point of madness, among them private dick Dwight (Josh Brolin), and familiar street thug Marv (Mickey Rourke).

Sin City is a town of bad women and worse poets, where fists are hard, talk is tough but nothing is for real — and nothing doesn't add up to much.

PETER HOWELL

Exotic, majestic and lovable — pigeons?

Television. CBC documentary shows a whole different side of the lowly bird that city-dwellers often treat with contempt

RICHARD CROUSE
scene@metronews.ca

Whether they're invading your condo balcony, blocking the sidewalk, ruining lunch on the patio or bombarding your car, there's not a whole lot of love out there for pigeons.

But director Scott Harper would like to change all those rat-like perceptions of these noble birds.

"They have a varied and amazing story in service of humankind," he insists.

"What makes them kind of lovable is that they've done all this for us and yet, for the most part, they are greeted with contempt."

Harper's documentary, The Secret Life of Pigeons, airs Nov. 20 at 8 p.m. ET on CBC's The Nature of Things.

"We were looking for a nature story that hadn't been told yet, and their story was just unbelievable," he says.

"They are the world's oldest domestic animal. You see them in ancient Egyptian hieroglyphs, in Mesopotamian tablets," he notes. "They were the first animals used to communicate. In ancient battles, Genghis Khan, Julius Caesar and the Egyptians used them to send messages across enemy lines.

"They were the first phone service, the first postal service. Before that, they were domesticated as food," he adds.

"So they've been a source of food, they've been an amazing source of communication, especially through war, delivering medicines, financial information and, eventually, they also became a source of entertainment; racing the birds, breeding the birds."

To illustrate the majesty of the city pigeon, Harper strapped a camera on one of them, literally giving us a bird's eye view of Toronto.

"What you get from that is a perspective on the city, and just how nimble they are."

Harper's documentary also profiles Cliff Robertson, a Manitoba cattle farmer who has kept birds since he was five, and now has 800 fancy Jacobin pigeons.

His favourite breed is an eccentric-looking bird with "a collar of feathers that grows from the neck and radiates upward, encasing the head. People would not recognize them at all as a pigeon."

"We don't know how many varieties there are," Robertson says. "We are guessing there are in excess of a thousand species of pigeons."

He notes there are organized pigeon clubs and contests on every continent except Antarctica.

"I've judged all over the world. I've judged in Saudi Arabia, Bahrain and Qatar. When I go there, it is unbelievable. You walk in and you're like a rock star. Seven out of 10 men who have hobbies in the Middle East have birds. Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Harper isn't surprised by the popularity of pigeons around the world.

"If you look at them long enough, you'll see something quite exotic and something quite impressive, as opposed to something dirty."



Pigeons are the world's oldest domestic animals, dating back to ancient Egypt, and were the first form of long-distance communication. A documentary celebrating the misunderstood bird airs Thursday on CBC. CONTRIBUTED

Quoted

"Until the early '80s, worldwide, pigeons were the third-biggest hobby next to stamps and coins."

Pigeon fancier Cliff Robertson, on the popularity of raising and racing the birds



The Word

Bono's bike boo-boo brings Tonight Show bow-out



NED EHRBAR
Metro in Hollywood



First the falling luggage, now this. Bono is proving he's a danger to himself and others whether in the air or on land. I'm assuming next week he'll fall over the railing of a cruise ship like Pete Campbell's mom.

Bono was bicycling in Central Park recently when he took a nasty spill — so nasty that he has to undergo surgery to treat an arm injury. The spill has spurred the band to postpone a planned week-long residency at The Tonight Show, the other three U2 members announced on the band's site.

"It looks like we will have to do our Tonight Show residency another time — we're one man down," the message reads. "We're sure he'll make a full recovery soon, so we'll be back!" Given Bono's recent penchant for disaster, that sounds kind of threatening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Colin Farrell ALL PHOTOS: GETTY IMAGES

Farrell flexes writing muscle in support of Irish marriage equality

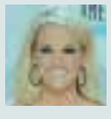
In other, more pleasant Ireland-related news, Colin Farrell is making noise for gay rights in his home country — and letting everyone know that he has a very attractive gay brother in the process (even if that brother is off the market already).

Farrell published a letter in Dublin's Sunday World pushing for marriage equality in Ireland. And, as it turns out, the Total Recall star has quite a way with words.

"My brother Eamon didn't choose to be gay. But he was always proud of who he was. Proud and defiant and, of course, provocative. Even when others were casting him out with fists and ridicule and laughter of pure loathsome derision, he maintained an integrity and dignity that flew in the face of the cruelty that befell him," he writes.

"The fact that my brother had to leave Ireland to have his dream of being married become real is insane. It's time to right the scales of justice here."

Twitter



@carrieunderwood
SNOW!!! Break out the Christmas music & decorations! I wonder if I can get the tree down from the attic by myself. #JustPushItDownTheStairs



@RedHourBen
Mussolini bad. Architecture good.



@josswhedon
Everyone is beautiful when they're slightly far away. All political structures are perfect in theory. Humanity's a jewel if you squint.



Nicki Minaj

Nicki Minaj's credit score takes a dive

Nicki Minaj has seen her credit score drop nearly 100 points ever since an outlet accidentally published her social security number while writing about the R&B star's 2003 shoplifting arrest, according to Radar Online. "Nicki's credit score dropped almost 100 points soon after because there were many inquiries into her financial records. The credit reporting agencies, detecting a lot of irregular activity, immediately notified Nicki's camp," a source says. "Since Nicki's social security number was made public on the booking information sheet, and that was leaked to the media this week, it's out there now. Nicki might have to get a new social security number. It's caused her a lot of stress."



Maria Shriver

Maria Shriver not a Miley Cyrus fan

You know who's not totally jazzed about Patrick Schwarzenegger dating Miley Cyrus? His mom, Maria Shriver. In fact, she's "horrified" about it and is "violently" against the pairing. And that's apparently not news to Schwarzenegger, who was photographed kissing Cyrus over the weekend. "They have been hiding it. The kiss was so orchestrated and so planned to be like, 'OK, here you go,'" a source with intimate knowledge of what it was *so like* says. "Instead of him being a good influence on her, she might be a bad influence on him," a source says.

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Do you want to get waisted?

Waist training. An updated version of the 19th-century corset is making a comeback

IZABELA SZYDLO
life@metronews.ca

If you knew Kim and Khloe Kardashian and Jessica Alba wore a corset to attain that elusive hourglass figure, would you wear one, too? If Instagram's almost 300,000 search results for the hashtag #waisttraining are any indication, celebrity endorsements seem like a good enough reason to say yes.

But is waist training all it's laced up to be?

Aisha George is the owner of 416 Hour Glass Girls, a Toronto company specializing in waist trainers. Before launching her business a year ago, George had an accident that resulted in lower back pain. Her doctor recommended a waist trainer for support and, to George's surprise, the unintended side effect was weight loss. She says she went from an extra large to a medium in five weeks.

"It is a modernized version of the corset," she says. "Most of the waist trainers are made of latex or cotton with boning and have only two hooks in the back. So it isn't the extreme corset with lacing from the Victorian era."

George says the idea is to wear the garment for a minimum of two to a maximum of eight hours daily, which, due to the compression, encourages the intake of smaller meals and also causes extreme sweating in the mid-section. If used consistently, supporters claim it will radically reduce and reshape the waist.



The idea behind waist training is that the garment will cause extreme sweating in the midsection and result in an hourglass figure. CONTRIBUTED

But Rita Catolino, a certified personal trainer and online transformation coach, isn't buying it.

"We're in this society of instant gratification and it's playing on people's desperation. You can't put something tight around your body and have it change on a cellular level or lose fat percentage," says Catolino. "All you're doing is shifting the weight around. You'll sweat more so you'll lose water weight, but in two days, when your body rehydrates, that weight will come back."

Catolino also identifies a host of health concerns that could arise from waist training, such as bruised ribs, digestive issues, respiratory problems and chafing.

"It's almost so obvious how bad it is," she says, pointing to digestion as an example. "The whole process of digestion starts from swallowing to food being broken down and moving to your colon. If things are being squished it won't happen the way it should."

George, however, chalks up the possible dangers to sizing.

"No one who has purchased from me has experienced digestive issues because I ensure my clients get proper sizes," she says. "If you are a large but get a small, you will have extreme discomfort. That is not the safe way to waist train. You should be able to breathe, eat and work out in the garment. Yes, you may want to eat smaller portions, but that is what many fitness experts recommend anyway. I also recommend wearing a camisole under the garment to prevent skin issues."

One of George's clients, Kim Thornhill of Oakville, Ont., uses the more breathable cotton waist trainer during cardio. She says despite the possible dangers and the fact that currently no medical research exists to support waist training as a weight-loss method, she isn't discouraged. She does, however, believe people shouldn't rely solely on the practice.

"I use the waist trainer as an aid in maintaining an hour glass shape and I'm also supporting that with exercise, eating right and yoga," she says. "As with anything, people can take it to the extreme. But I've seen results from waist training and plan on continuing."



Kim Kardashian gushed about waist training with this post. INSTAGRAM

The slow and steady way

George encourages clients to pair waist training with diet and exercise for optimum results. Catolino, meanwhile, is an advocate of working with what you've got. "You can make your waist look smaller by training your shoulders with lateral pull-downs, lateral raises and overhead presses. When you have larger shoulders, you'll have the V-taper. Training your glutes is another way. The higher and bigger your glutes, the smaller your waist will look."

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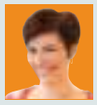
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Caramelize to intensify rich soup

Health Solutions

Choose comfort without the excess carbs



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Without a doubt, as the barometer drops, we crave cosiness and comfort.

We are indeed designed to pack on a layer of fat for the winter and sweat it off in the summer, but are thwarted by our stressful and sedentary lifestyles.

Managing this truth means choosing the best way towards comfort food by resisting the cheesy, carb-laden casserole and dishing up some starchy, vitamin-packed squash instead.

Winter squashes like butternut and acorn are really no fuss at all if you bake them whole.

The time consuming part is the peeling and this step is eliminated when roasted whole with a side order of more nutrients being contained within the flesh.

Once roasted, the skin and seeds slip right off and the remaining flesh is ready for anything.

- Add 4-5 cups cooked squash per 1 litre of broth and simmer into soup.
- Mash and use as a side dish.
- Stir into muffin mix and bake moist, warm snacks.
- Blend into pancake mix and pan-fry with bananas.
- Spread with plain Greek yogurt and season well. Serve warm as a veggie, cracker or bread dip.
- Freeze for instant stirring into soups and stews to thicken.

Squashes go well with many flavours, try:

- curry powder
- cinnamon and nutmeg
- garlic and thyme
- sage and leek

We will talk about how to lighten up when the sun comes back to play.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM





This Baked Butternut Squash Soup recipe serves 12. THERESA ALBERT

Soup Week. Metro's week of warming dishes you can slurp continues — and we threw in biscuits, too

THERESA ALBERT
myfriendinfood.com

Caramelization is what develops flavour in vegetables, particularly the root or starchy varieties.

Baking butternut squash whole not only makes it easier to peel, it also enhances that sweet spectrum that makes this fall food so comforting.

Bake the squash up to three days in advance and the soup comes together for a hearty meal in a one-pot snap.

Soup

1. Place whole squash and onion halves on a baking sheet and bake at 400 F for about an hour until soft. (You can store these in the fridge for up to 3 days or proceed with the soup).

2. Melt butter in a large pot and stir in curry powder as well as crushed cardamom, and stir for 30 seconds. Add wine and simmer for one minute. Stir in broth.

3. Peel and discard skin and seed of squash and onions. Add to the pot and simmer for 15 minutes.

4. Purée with a hand wand and serve with biscuits.

Whole Wheat Sage Biscuits

1. Preheat oven to 425 F.

2. Mix together flours, baking powder and salt. Cut in butter and mix with your hands until it resembles small peas.

3. Stir honey into soured milk and lemon juice and blend into flours gently. Knead together and cut into biscuits.

4. Bake for 15 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

Soup

- 1 large butternut squash
- 2 whole onions cut in half
- 1 tbsp butter
- 1 tbsp curry powder
- 4 cardamom pods
- 1 cup white Zinfandel wine
- 2 litres chicken broth
- Slivered hazelnuts

Whole Wheat Sage Biscuits

- 1 cup unbleached flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp salt
- 1/4 cup butter, room temp
- 1 tsp honey
- 1 cup milk soured with 1 tsp lemon juice
- 2 tbsp fresh sage



This Fennel-Cumin Roasted Butternut Squash recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Fragrant seeds set off squash

We tend to associate dressing with salad, but they actually are an easy — and speedy — way to add tons of flavour to all manner of dishes.

Even roasted vegetables benefit. Too often, we only season roasted veggies before they go into the oven. While this certainly can produce delicious results, it can be limiting.

And that's where dressing comes in for this easy roasted butternut squash recipe that's perfect for fall dining.

Ingredients

- 4 lbs butternut squash
- Olive oil
- 2 tsp fennel seeds
- 2 tbsp cumin seeds
- 2 tbsp lemon juice
- Kosher salt and ground black pepper

1. Heat the oven to 400 F.

2. Peel and seed squash, then cut it into 1-inch chunks. Mound squash on baking sheet, then drizzle with several tablespoons of olive oil. Toss with your hands to coat evenly, then spread in an even layer.

3. Roast for 15 minutes, then use a spatula to turn the pieces and roast for another 15 minutes, or until evenly browned.

4. During the final 5 minutes of roasting, in a small dry skillet over low heat, toast the fennel and cumin seeds, stirring constantly, until fragrant, about 2 to 3 minutes. Remove the skillet from the heat and stir in 2 tablespoons of olive oil and the lemon juice. Season with salt and pepper.

5. When the squash is done, transfer to a bowl. Drizzle the dressing over it and gently toss to coat. Serve warm.

THE ASSOCIATED PRESS

LEARNING CURVE

Stress less and rock your finals



SHUTTERSTOCK

You can't spell studying without "dying," but it is possible to suffer less during the storm of December finals.

Ryerson University student Danni Gresko wrote a popular blog post called Crazy Study Tips to Help You Rock Your Final Exams, including the suggestion of peppering your text books with gummy bears, and eating them every time you finish reading a section. Yum. Also, schedule time to watch hilarious YouTube videos, as laughter now can prevent crying later.

"Schedule study breaks," Gresko tells Metro. "They are just as important as study time. Watching a movie or going for coffee for an hour to clear my head is so important. It helps with focus and keeps my mood up so I don't feel overwhelmed.

"Everyone is stressed during this time of year. It's so important to be prepared. You will stress less if you plan ahead, create a study schedule and stay focused."

Find tricks that work for you. For example, when Gresko needed to remember the year 1987 for a course, she thought about hockey player Sidney Crosby — No. 87.

Then, teach your friends.

"It helps to discover what material you're unsure of," she says.

Jen Thoma of the University of Saskatchewan polled students for their study tips. The word "balance" came up repeatedly. Alternate between studying and taking a walk or going for coffee since it gives your brain time to process what you are learning.

She says some students find it works best to tackle the hardest tasks first while they are fresh, and then take on the "easy" ones later.

"Take some time to review your schedule for the final weeks of the term and to brush up on your study skills such as reading, writing and preparing for exams," Thoma says. "There are many good online resources, including study skills handouts and videos available on the uSask University Learning Centre website and on websites of other universities."

Gresko says when the moment arrives, she watches many other students freaking out and panic-studying in the final minutes before an exam. Relax.

"If you studied enough, there's no reason to panic like this," she says. "A half-hour before the exam, put all notes away, find somewhere to chill out and put your iPod on. Your state of mind before the test is so important for success, and if you're panicking you won't do well."

– Jon Tattrie

First aid courses are now available online

St. John Ambulance introduces blended courses in Manitoba



CONTRIBUTED

St. John Ambulance (SJA) has created a new first aid training option for clients throughout Manitoba — Blended online first aid courses.

As the leader in first aid and with expertise in delivering first aid courses, SJA has heard from people about the difficulties of committing to one or two days for training. With the blended online courses, your staff can complete the academic portion of their first aid course on a computer at their own pace ahead of the course, only needing to spend half the time in the classroom for practical hands-on training.

With first aid, CPR and AED training there will always be a need for hands-on training and evaluation. With the theory side of the course online, students will be able to spend as little or as much time as they require completing it.

You won't be able to just fly through the online portion as there are securities in place so that each section must be completed, but with a higher level of first aid knowledge you should be able to finish quicker.

Blended online training is available for emergency first aider 1 and standard first aider 2. This innovative approach to first aid, CPR and AED training is expected to make enhanced access to life-saving skills while maintaining provincially regulated standards.

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PACE offers educational assistant program

Diploma focuses on reading, writing, math, behaviour and more



CONTRIBUTED

The educational assistant diploma program (EADP) at the University of Winnipeg Professional, Applied and Continuing Education (PACE) provides innovative and valuable training to students to work in the school system.

"Students gain both the theoretical and practical knowledge needed to become a confident and effective presence in the classroom," says Lelita Bailey, program manager.

"The EADP focuses on the role of the educational assistant within the learning system."

The EADP is the only university diploma program in Manitoba and has been designed for anyone who wants to make a difference in the classroom and be a positive influence. Students will cover topics including development, reading, writing, language, mathematics and behaviour.

Students will gain a thorough understanding of the school system and how the current education and school law issues affect the educational assistant's role.

The full-time program includes an eight-week practicum in the school setting, giving students the opportunity to gain practical experience and network with individuals in their chosen career.

Other topics this program will focus on include behaviour management techniques, along with the ability to work with violent or aggressive students.

The next start date for this program is Feb. 2, 2015. For more information, please visit pace.uwinnipegcourses.ca.

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SHUTTERSTOCK

Lenny Lavallee chose the Louis Riel Institute (LRI) to benefit his future by opening more doors for further education.

By enrolling in the mature student high school diploma program, he is well on his way to completing his Grade 12 diploma.

"I chose LRI because it came highly recommended from people I know," says Lavallee.

Since enrolling, Lavallee has taken Grade 12 English, applied math, law, physics and his personal favourite — Metis studies.

"The teachers and staff at LRI have made going there feel like home," says Lavallee.

"With their caring and understanding and wanting the students to succeed, it has been one of the best educational experiences of my life thus far."

When Lavallee completes his studies at LRI, he hopes to further his education at Red River College.

The LRI Adult Learning Centre was designed for any student, including those who may be returning to school after a lengthy absence. It offers a selection of courses and intake is continuous, so there is no need to put education goals on hold.

LRI offers its students small classes to help with one-on-one instruction, as well as web-based courses.

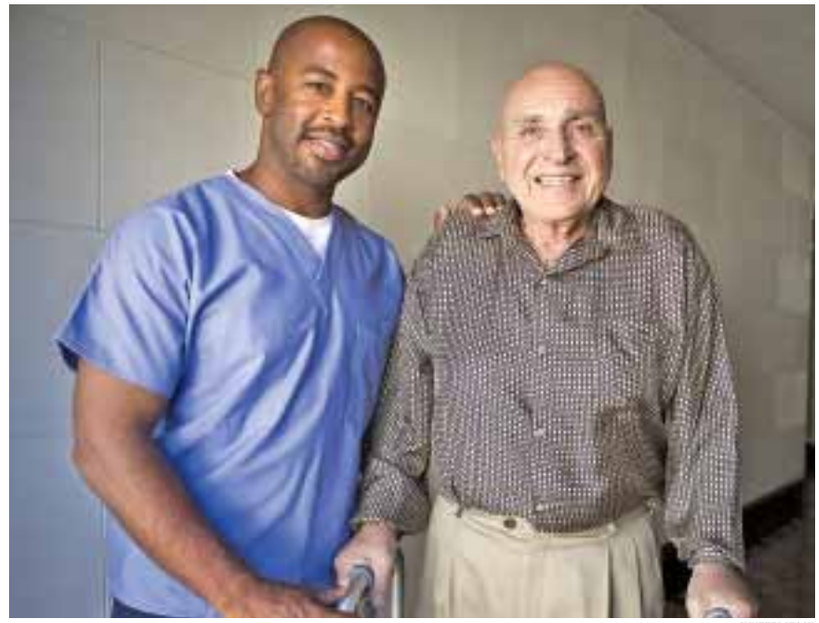
Attendance prizes, in the forms of laptops and gift cards are available to keep students motivated towards their career goals. For more, visit louisrielinstitute.com.





Consider a career as a support worker

Industry offers various challenges, rewards



SHUTTERSTOCK

As a community support worker, you may find yourself working with children and adults with mental or physical disabilities, the elderly, people suffering addictions and many others.

The specific role of a community support worker can vary from job to job, but, in general, you will provide assistance to a variety of clients and, oftentimes, evaluate the effectiveness of their treatment, noting any behavioural changes and their reactions to intervention.

The community support worker course at Herzing College will prepare you to work in any degree of community work setting.

As a community support worker, there are a number of career opportunities available and the Herzing program can prepare you for a number of different focuses.

One area of focus may include work as a special education assistant. Children with special needs are integrated into the school system in efforts to lessen the stigma of disabilities, but teachers often need aid catering to their individual needs.

A special education assistant will work with and support students with special needs through behaviour management and social skills development, along with personal care and assistance.

Students may also be interested in pursuing work in the field as an addictions worker.

In working with patients suffering addictions, community support worker training will give you the ability to facilitate treatment plans and referrals, and use one-on-one counselling skills.

Part of your job knowledge will require education about human psychology, intervention, addiction prevention, and pharmacology.

An addictions worker may find employment at a drop-in centre, a shelter, addiction treatment facilities, mental health centres and at employment resource services, among many other options.

And, finally, the Herzing program can prepare students to work as a group home worker. A group home worker will assist those in group homes with the goal of improving their independence.

Different types of group homes exist, including those for the elderly, the mentally disabled, young offenders, addicts, and more.

This job requires a high tolerance to challenging personalities and potential aggressiveness. If you have thought that community work is your passion, make the step today to take a course and change somebody's life with this rewarding career path.

For more information, please visit herzing.ca/winnipeg.



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MITT program fills skills gap

Students prepared for IT industry career

There is an ever-growing demand for new network services, applications and technology, including a shortage of IT staff with the skills required to build, maintain, administer, and secure the new and existing network infrastructure.

The network and computer technology program at the Manitoba Institute of Trades and Technology (MITT) aims to meet this demand by training to be job-ready.

"The program has evolved constantly over the years to keep current with the ever changing technology," says Randy Hirose, instructor, network and computer technology.

"The program prepares students for entry-level positions in the IT industry and covers the scope of material for students to achieve the necessary industry certifications from leaders in the industry such as Cisco, Microsoft, Linux, CompTIA A+ and VMWare."

MITT is a Cisco academic support centre, with 10 local academies located in schools and colleges across Manitoba and is the only Cisco instructor training centre in Manitoba.

This program has seven core courses with students choosing their final options to complete the network and computer technology certificate with either a specialization in microcomputer systems or network systems administration. The program also includes a practicum component as well.



CONTRIBUTED

"The eight-week work practicum is a critical part of the success of the program," says Hirose.

He says students have an opportunity to demonstrate their IT skills in a working environment and, normally, if there is a job opportunity they will be offered the position.

"Even if there is no position available, students obtain a reference and that combined with the social networking they create will give them a better chance of obtaining a job," says Hirose.

"We also use this opportunity to get feedback so that we can improve the program and to make the necessary changes to get our students job-ready."

For more info, visit mitt.ca.

CISCO ACADEMY CELEBRATES 15 YEARS

The network and computer technology program started more than 20 years ago and MITT (formally Winnipeg Technical College) celebrated its 15 year anniversary as a Cisco academy last year. Students of this program have access to the best-equipped labs in Manitoba, where they train on real Cisco equipment to get them job-ready.

WE ARE THE WORK SCHOOL






Manitoba Institute of Trades and Technology offers secondary and post-secondary students opportunities for cutting-edge technical training with direct pathways into the workforce or into higher levels of education. We are a technical training centre for high school, post-secondary, and adult students. We are a bridge, connecting staff to students, graduates to industry.

SKILLED TRADES | HEALTH CARE | HUMAN SERVICES | INFORMATION & BUSINESS TECHNOLOGY | MITT.CA

MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY
THE WORK SCHOOL

INSTRUCTORS MAKE A BIG DIFFERENCE

ROBERTSON COLLEGE CAN CHANGE LIVES

Many students choose a college based on the programs available at that school, but, more often than not, the instructors of those programs end up changing lives.

At Robertson College, medical office assistant instructor is a difference maker to her students.

"It's not just teaching, it's becoming a part of their lives — you become family," says Cummins.

Cummins has been with Robertson College for the past five years, and previously spent 13 years at the Manitoba Clinic for Pediatrics and Gastroenterology.

For Cummins, the joy of teaching comes from the ability to interact with her students and be part of their journeys.

She says that going through the Robertson program is truly life-altering for a lot of the students and they affect her as much as she affects them.

In her words, she loves her students and genuinely loves what she does.

As an instructor in the medical office assistant program, Cummins is a stickler for learning and, under her direction, the program has been restructured so the students are even better prepared for every aspect of the job.

Many students enter the program with very little knowledge of the responsibilities of the role and the program prepares them so they can get the job done and excel.

For Cummins, teaching does not end once a student leaves her classroom.

"Once a student, always a student," says Cummins, as she is always willing to help out her past students when they encounter challenges at work.

Like Cummins, Robertson College also stands behind its alumni through the lifetime career services.

It is important to Cummins and the other instructors that the students leave the program employable so they do everything they can to help students along the way.

SKILLS ARE TRANSFERRABLE

Students of the medical office assistant program at Robertson College graduate with two diplomas — one in medical office assistant and one in administrative assistant. This is because students gain skills that are transferrable to a number of other settings outside of the medical office.

For more information, please visit robertsoncollege.com.



Julia Cummins CONTRIBUTED



Improve employee engagement

Red River College corporate solutions



CONTRIBUTED

Enhance your company's competitive edge with Red River College's (RRC) corporate solutions team. Corporate solutions provides answers for industries, organizations and communities throughout Manitoba and the world by tapping into RRC's ever-evolving network of real-world experts.

"Organizations are looking for solutions that are specific, targeted and delivered in real time," says Bill Rutherford, corporate training manager.

Rutherford says one area that RRC's corporate solutions team excels in is training project management methodology, tools, and techniques.

RRC's subject matter experts are all certified project management professionals (PMP) and very experienced at introducing project management methodologies to executives, managers and project team members.

"Today, organizations of all sizes and industries are increasingly engaged in project-based work and benefit from team members knowing how to effectively contribute to teams," says Rutherford. "RRC's corporate solutions team has successfully delivered project management training in large organizations such as Manitoba Public Insurance and in conjunction with industry association like the Electrical Association of Manitoba."

The corporate solutions team can work with your organization to select and deliver many of the required courses for these programs, either on-site, or by distance delivery.

RRC can provide an organization and employees with flexible delivery, customized training plans, industry-qualified instructors, unique team-building events, and research and applied solutions.

SOME SAMPLE PROGRAMS

Sample programs at Red River College include: Human resource management; business administration; business analyst; accounting; management development; marketing management; operations management; professional sales; project management; retail management; transportation and distribution; culinary arts; food service management; technology management; information systems; Cisco networks; construction management; electrical maintenance; trades qualifications; industrial supervision; and welding.

With about 200 full-time and part-time degree, diploma, certificate and apprenticeship programs to draw from at RRC, organizations can ensure quality results and improve employee engagement and generate positive attitudes by delivering training programs that help employees earn college credits.

For many organizations, RRC's corporate solutions will save time by utilizing RRC's vast resources to augment your research and training efforts and increase an organization's competitiveness by enhancing employees' competencies.

For more information, visit rrc.ca/corporate solutions or solutions@rrc.ca.

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Your Corporate Solutions Provider

Improve performance, productivity, project management and profits through workshops, courses, programs and customized training solutions delivered by Red River College.

Our Corporate Solutions team will work with you to:

- **Assess** your needs to reach your business goals
- **Design** customized solutions to meet your needs
- **Deliver** your solution where, when and how you want it
- **Evaluate** the results in order to constantly improve
- Introduce **Quality Applied Learning** delivered by proven industry experts







To discuss your organization's training needs, contact the Corporate Solutions Office:

Corporate Solutions, E303-2055 Notre Dame Ave., Winnipeg, MB R3H 0J9

Tel: 204.632.3776 | Email: solutions@rrc.ca | rrc.ca/corporatesolutions

WELLINGTON GRAD SHARES SUCCESS STORY

NATURAL CHOICE TO LEARN ABOUT MASSAGE THERAPY

Corrado D'Antonio knew he wanted a career in health care, and massage therapy appealed to him because of the relationship he could build with his clients and the results they could receive through soft tissue rehabilitation.

After returning home to Winnipeg from Vancouver, he was a part of the first full-time class to graduate at Wellington College in 1996.

"At that time Wellington offered the only full-time course in massage therapy and it was the longest running school in Manitoba, so it was a natural choice for me," says D'Antonio. "As an alumnus of Wellington, I have built a successful business on the assessment and treatment techniques I learned in my advanced classes at college."

He believes it is because of that teaching that he has set himself apart from the rest of the pack in the treatment that he bases his business around.



Corrado D'Antonio CONTRIBUTED

"In my second year, students were required to write a thesis that required a tremendous amount of treatment and research," says D'Antonio. "I chose to write mine on cervical strain and neck injuries."

The research he did with his thesis group on that project gave him a lot of practice in that specific area and he has continued to keep it as a focus in his treatments after graduation because he really enjoyed working on that area of the body.

From there, he branched out to specialize with the spine, sacrum and hips, but even now when someone comes in with something he hasn't seen for a while, he still cracks open the books from school.

"I continue to refer to the flashcards I made in class on a regular basis and I still have my Wellington manuals at reach on my desk," says D'Antonio. "I wholeheartedly believe that Wellington gave me the tools to become a successful therapist."

VARIOUS PROGRAM OPTIONS AVAILABLE

Wellington offers a two-year, full-time diploma program in massage, as well as a three-year, distance education option. Each program has one intake per year. For more information, please visit wellingtoncollege.com





CONTRIBUTED

SITE OFFERS SCHOOL INSIGHT

A new website for parents explains what their child is learning in school and helps them get more involved.

When your children arrives home at the end of the school day, do you ask them what they learned at school? And is your question often met with silence, shrugs, the classic rolling of the eyes, or an evasive "nothing?"

If you are a parent or guardian, you have probably been there. Fortunately, a new website, designed specifically for parents of school-age children, allows you to get the answers for which you are looking.

The site was created by the Manitoba government to provide an overview of what your child is learning in school. The site offers key information on compulsory courses for all grade levels (kindergarten to Grade 12) and all programs (English, French immersion, Français, including senior years technology education). The information is based on Manitoba education's curriculum.

This user-friendly site allows you to easily view a wide variety of information. Choose a specific grade level and a short summary of the educational focus for that grade pops up. Then select one of the compulsory subjects and you will see a brief outline of that subject area, along with options for additional details.

Being familiar with course content and classroom expectations makes it easier to talk to your child's teacher. When parents are informed and involved in their child's education, the child is more likely to succeed.

For more information, please visit manitoba.ca/mychildinschool.

Parents go back to school for professional development

Free program has three sessions to start

Teachers get PD days; business people go on training seminars. But what about those of with children?

Thanks to Winnipeg Mennonite Elementary & Middle Schools' (WMEMS) new Smart Parent Program, adults can engage in some parental professional development.

"The concept of the Smart Parent Program was born of our supportive community at the schools," said Dina Chudyk, WMEMS's director of community relations. "You can overhear parents in the hallways or in the parent lounge having conversations about what they do at home that works. The idea of sharing our successes is what sparked the idea for the Smart Parent Program because, as a school, we are focused on building a foundation for success in our students."

The program is offered for free, with three sessions to start: The Power of Positive Parenting; Raising Confident Competent Children; and Teens & Devices: Cyber Safety — There's no App for That!

"Our schools are here to teach our students, but also to assist our school families and community members succeed in any way we can," Chudyk said. "One of the greatest attributes our school has is a caring, nurturing environment and a strong sense of community within it."

The first session starts Dec. 1. The school is also offering a kindergarten information evening on Wednesday at its Fort Garry campus. For more details, visit wmems.ca.



CONTRIBUTED

What will your children get out of our school?

FAITH EDUCATION VALUES

Kindergarten
Information Evening

November 19, 6:30pm
26 Agassiz Drive in Ft. Garry
204-261-9637



Visit WMEMS.CA

WINNIPEG Mennonite Elementary & Middle Schools
WMEMS.CA

Building a foundation for SUCCESS

What's your child learning in school?

How's your child assessed by teachers?

How can you help your child succeed?



Get the answers to these questions and more at *My Child in School* – a new Manitoba government website for parents.

My Child in School is an online resource that will help you learn more about your children's education and how you can help them do well in school.

Learn more at: **Manitoba.ca/mychildinschool**

Focused on what matters most to families.

Manitoba

NFL

DEA probe could grow to 32 teams

The five NFL road teams whose medical staffs were interviewed and subjected to spot checks of their bags by federal agents may turn out to be just the first five in line.

Drug Enforcement Administration spokesman Rusty Payne said that teams were chosen for inspection because they were away from home. They were the San Francisco 49ers, Tampa Bay Bucs, Cincinnati Bengals, Seattle Seahawks and Detroit Lions. No arrests were made and the DEA declined to comment whether any potential violations of the federal controlled substances act were discovered.

But Payne also noted Sunday that investigators from the agency "are currently interviewing NFL team doctors in several locations," suggesting the federal probe begun this summer into possible drug prescription abuse in the league could involve all 32 teams. THE ASSOCIATED PRESS

MMA

UFC to visit 3 to 5 Canadian cities in coming year

Taking a page from its Canadian division, the UFC has announced its full schedule for 2015 with 45 fight cards, including three to five in Canada.

There will be 13 pay-per-view shows and 32 televised Fight Night cards.

Toronto, Montreal and Calgary were identified as target cities, but no dates have been announced yet.

THE CANADIAN PRESS

Jets bring points back from tiring road trip

NHL. Winnipeg three points ahead of last season's total after 19 games, but offence continues to sputter



The Jets return to the MTS Centre tonight against the Devils having won 12 of a possible 18 points from their nine-game road trip. BRUCE BENNETT/GETTY IMAGES

The Winnipeg Jets took a much-needed day off Monday, after coming out on top of a tiring international tour that saw them play nine of their last 11 games on the road, ending with a back-to-back sleep killer on the weekend.

They now get a three-game breather at home — starting Tuesday night when the New Jersey Devils (8-8-2) visit the MTS Centre — before hitting the road again. Overall they play six of the next nine in Winnipeg.

The Devils took their first meeting with the Jets this season 2-1 in a shootout Oct. 30, the second of those nine road games.

The Jets (9-7-3) picked up 12 of a possible 18 points in those games and even salvaged a point in the last, a 4-3 overtime loss to the Minnesota Wild on Sunday. The result was made even better considering they started by surrendering three unanswered goals in the first period.

"I'm happy with this game more than any other," coach Paul Maurice said after the chippy contest that closed their final five-game swing, which started Nov. 8 in Ottawa.

"It was all about us and handling everything the right way, and we did."

It wasn't without a price. Sophomore centre Mark Scheifele, who missed a good chunk of his rookie 2013-14 season with a knee injury, went down with what looked like another knee ailment and didn't return. The team hasn't announced how serious it may be.

"Those kind of injuries start happening when you stress bodies the way we've had to," said Maurice, none too pleased with a schedule that had them hit the ice 15 hours after their plane landed in the Twin Cities from Nashville, where they played Saturday night.

The Jets are now three points ahead of where they were last season after 19 games and seem to have firmly established their new defensive style of play, which despite that three-goal opener Sunday has made them one of the stingiest teams in the league.

On the downside, they're also one of the lowest-scoring in the NHL and their power play continues to be one of the least successful. They struck out eight times Sunday night, including at a couple of five-on-threes. THE CANADIAN PRESS

Offensive numbers

Winnipeg's power play continues to languish near the bottom of the league with just six goals in 62 chances. Only Minnesota and Buffalo are struggling more, although the Wild managed to come through with one Sunday.

- And with just 35 goals in their 19 games, the Jets are also third from the bottom in scoring this season.

Burns' HHOF induction 'was meant to be'



Pat Burns speaks during Patrick Roy's retirement ceremony in November of 2008. GETTY IMAGES

A few months ago, Line Burns was driving to see a friend and just happened to stop in Gilmanton, N.H., where she used to live with her husband, Pat. She was fuelling up her car and getting something to eat when her phone rang. On the other end were Pat Quinn and John Davidson from the Hockey Hall of Fame, telling her that Pat Burns would finally be enshrined four years after his death.

"It was meant to be," Line Burns said. "He was probably laughing up there."

Fond memories



"He meant everything for me as I came to the Maple Leafs and also became the captain, too. He really taught me everything." Mats Sundin on his former coach Pat Burns

With her husband's Hall of Fame ring in her grasp, Line talked Friday about how they used to laugh so much at home. She couldn't help but laugh that night when a video montage of Burns' best and angriest coaching moments were shown on the video screens at Air Canada Centre.

Those included him winning the Stanley Cup with the New Jersey Devils, yelling at referees and going after Barry Melrose. "I'm sure it wasn't fun at that time," Line said, "but it was hilarious."

The emotional range of the Burns' family and hockey community is vast as Burns posthumously went into the Hockey Hall of Fame on Monday along with Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake and referee Bill McCreary.

Before his death, Pat told his wife he wanted to make it in.

"It was something like, 'I hope I'll get in one day, and if I get in one day, I hope you're going to be there to represent me,'" said Line.

THE CANADIAN PRESS

4 SPORTS

Jays add Martin to their nest: Reports

MLB. All-star catcher, a Toronto native, agrees to terms hot on the heels of Jays hiring a new hitting coach

New Toronto Blue Jays hitting coach Brook Jacoby was quite impressed by Russell Martin when he saw the Canadian catcher play in the National League.

If multiple media reports are true, the two will get a chance to work together next season in Toronto.

Several outlets reported Monday that the Blue Jays have agreed to a five-year, $82-million US contract with Martin. The three-time all-star hit .290 with the Pittsburgh Pirates last season with 11 home runs and 67 runs batted in 111 games.

A Blue Jays spokesman said in an email that he had seen the reports, but had not announced anything. A message left with Martin's agent was not immediately returned.



Multiple media reports have stated Russell Martin and the Blue Jays have agreed to a five-year, $82-million deal. JOHN BAZEMORE/THE ASSOCIATED PRESS

Martin, 31, spent the last two seasons in Pittsburgh. The Toronto native, who grew up in Chelsea, Que., broke into the major leagues with Los Angeles in 2006 and spent five years with the Dodgers before a two-year stint with the New York Yankees.

Over nine seasons, the three-time all-star has a career .259 average with 119 home runs and 540 RBIs.

Dioner Navarro was the regular catcher for the Blue Jays last season and Josh Thole primarily served as knuckleballer R.A. Dickey's catcher. The addition of Martin could see Navarro shift to the designated hitter's role in 2015.

THE CANADIAN PRESS

A hint of things to come

"I'm big on working the middle of the field, I'm big on situational hitting. So those are some big cards in my deck."

Brook Jacoby replaces Kevin Seitzer as the Blue Jays' hitting coach



Mavs sting Hornets in rout

Mavericks guard Monta Ellis goes airborne for a shot against the Hornets' P.J. Hairston in Charlotte, N.C., Monday. Ellis scored 18 points and the Mavericks cruised to a 107-80 win. CHUCK BURTON/THE ASSOCIATED PRESS

$325-million contract

Stanton, Marlins sign record deal

Miami Marlins slugger Giancarlo Stanton has agreed to terms with the team on a 13-year, $325-million contract. Team owner Jeffrey Loria has confirmed the deal, the most lucrative for an American athlete.

The deal averages $25 million per season, or $154,321 per game. It includes a no-trade clause, and Stanton can opt out after six years, Loria said.

A news conference is planned for Wednesday.

THE ASSOCIATED PRESS

4-player deal

Braves trade Heyward to Cards

The Atlanta Braves dealt outfielder Jason Heyward and reliever Jordan Walden to the St. Louis Cardinals on Monday for right-handed starter Shelby Miller and minor-league pitcher Tyrell Jenkins.

THE ASSOCIATED PRESS



AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may feel that a target is beyond your reach but you can get there if you are prepared to make sacrifices. You could opt for an easier objective but you must make a decision quickly.

♉ Taurus
April 21 - May 21
People hold you in high regard because you refuse to be like everyone else. Emphasize your uniqueness and you will find your natural place — at the top.

♊ Gemini
May 22 - June 21
You may be tempted to bulldoze through obstacles today but you can get what you need by less provocative methods. Might sometimes makes right, but not today.

♋ Cancer
June 22 - July 23
Be honest about what you desire, even if there is little chance of getting it. You won't change other people's attitudes overnight, but you can put down a marker for the future.

♌ Leo
July 24 - Aug. 23
Something you think of today has the potential to transform your existence, but only if you have more confidence in yourself as an ideas person.

♍ Virgo
Aug. 24 - Sept. 23
You have more in common with a rival than you realize. Instead of fighting each other, pool your resources. As a team, you will be unbeatable.

♎ Libra
Sept. 24 - Oct. 23
Because there is something you desire you won't hesitate to be assertive today. Be sensible though – know when it is wise to hold back.

♏ Scorpio
Oct. 24 - Nov. 22
If you want to achieve something special, set targets that are not too easy to reach. You are capable today of efforts above and beyond the norm.

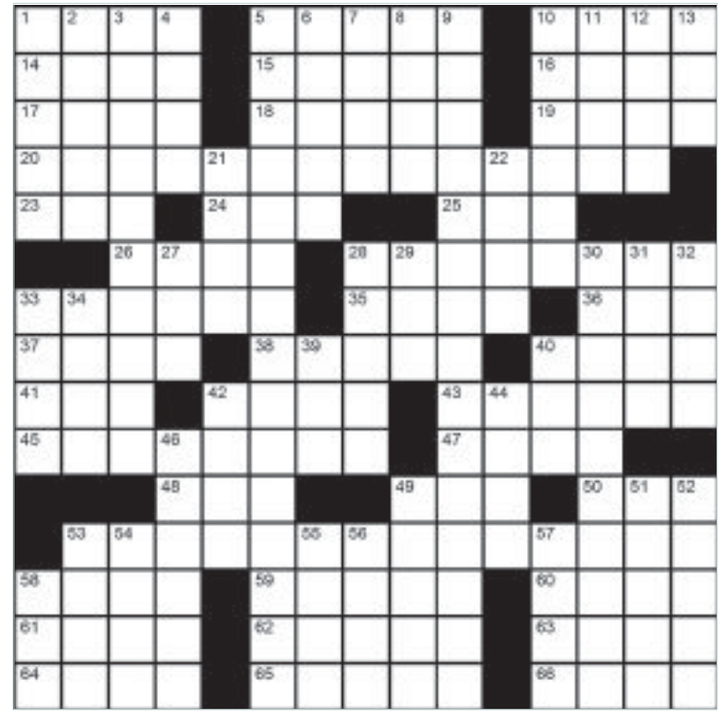
♐ Sagittarius
Nov. 23 - Dec. 21
Don't try to finish something that has become a bit of a chore. You have lost interest in it is because your attitude towards it has changed. It is no longer important today.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to cut back on your social life but you know you have to if you are to make the most of a business opportunity.

♒ Aquarius
Jan. 21 - Feb. 19
Saturn, planet of limitation, warns if you take on too much you may end up further from your long-term goal than when you started. There's no rush.

♓ Pisces
Feb. 20 - March 20
Your daydreams could get you into trouble. Some things are meant to be acted on and some things are meant to remain a fantasy. Keep your imagination under control.

Crossword: Canada Across and Down by Kelly Ann Buchanan



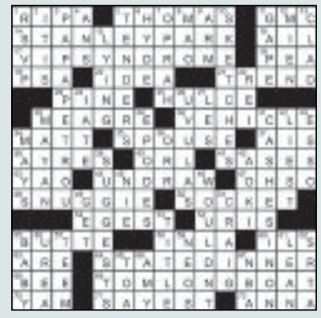
Across

1. Brave New World tablet
5. Some cheeses
10. Twelvemonth
14. "Waking __ Reno" (2002): 2 wds.
15. 'You Win' opposite: 2 wds.
16. Regarding: 2 wds.
17. "Yes, yes!" in Spain
18. Honda model
19. Scot's negatives
20. Kenora, ON's giant fish sculpture: 3 wds.
23. Gremlin
24. Actress Lucy
25. "Norma __" (1979)
26. Famous cookie
28. Health drink place: 2 wds.
33. Ms. Kelly, Canadian who married Princess Anne's son in 2008
35. Guesses [abbr.]
36. TV brand
37. Cracker topping
38. "Never.": 2 wds.
40. Ms. Perry
41. 'Capri' suffix
42. Beaver __, BC
43. Guitarist Mr. Eddy's
45. __ Molson Memorial Stadium (Montreal Alouettes home)
47. TV honcho
48. Path [abbr.]
49. Stock mkt. debut
50. Groove
53. Ed Grimley's favourite game show: 3 wds.
58. Dull noise
59. Concepts
60. Pluses
61. Hwy. truck
62. 'Sleep'-meaning prefix
63. Deer's tail type
64. Anyone annoying
65. Terence d'Arby connecter
66. Tal Bachman's "__ So High"

Down

1. Rolled-in-rice wappetizer
2. Yves Saint Laurent perfume
3. Renee Zellweger movie about 'Peter Rabbit' author/illustrator Beatrix: 2 wds.
4. Canadian satellite
5. Type of Scotiabank Giller Prize winner: 2 wds.
6. Welsh merchant Yale University is named after, __ Yale (b.1649 - d.1721)
7. 'Slithy' Lewis Carroll creature
8. "Sure __ __ standing here!"
9. Fee of trust: 2 wds.
10. "__ Doodle Dandy" (1942)
11. Mr. Morales
12. Perfectly, to __
13. Iceland band, with Sigur
21. Space stuff
22. Pouches
27. Ms. McClanahan
28. Gem
29. Demi Lovato's "Made in the ___"
30. Kellogg's Raisin __ __
31. Entr'__ (Theatrical interlude)
32. Sunny beams
33. Each: 2 wds.
34. 'Accent' add-on (Emphasize)
39. Eggs, Latin-style
40. "Ship and the Globe" Toronto-based singer/songwriter, __ Sun
42. Mention
44. Wife: Latin
46. Purchaser's 'plastic'
49. Q. "Do you know __ __ Sothern is still alive?" A. "I do, and she's not, alas."
51. Excessive
52. Tries
53. "What fun!"
54. Closed-lips sings
55. Product brand for feet, __-Eaters
56. __ covert (Married woman, olde-style)
57. Itar-__ (Russian news agency)
58. Chef's meas.

Yesterday's Crossword

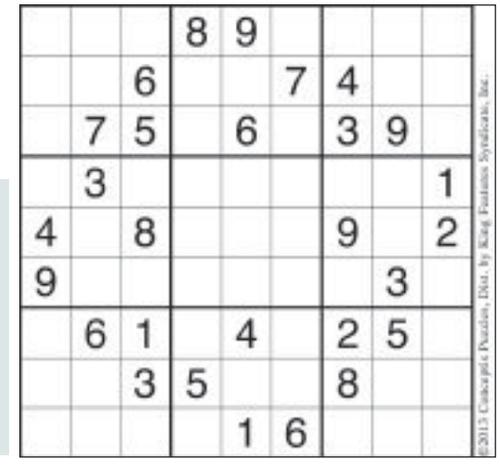


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	1	6	9	2	8	3	5	4
5	9	3	7	4	6	8	2	1
8	2	4	3	1	5	6	7	9
1	6	2	5	7	9	4	3	8
4	7	9	8	3	2	1	6	5
3	5	8	4	6	1	7	9	2
9	8	7	6	5	4	2	1	3
6	4	1	2	9	3	5	8	7
2	3	5	1	8	7	9	4	6

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Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

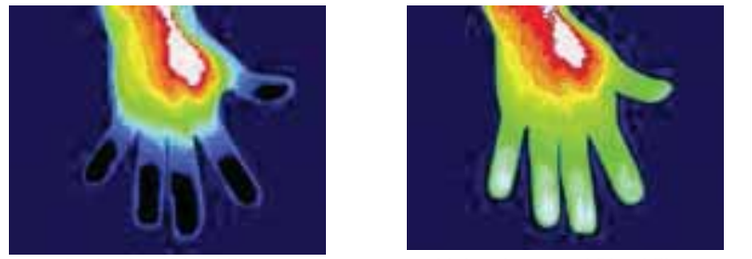
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily



CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

Hedley Enterprises Ltd.

AVAILABLE IN FINE HEALTH STORES!

Please visit www.neo40.ca or call us to find a store near you.

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